

# THE Messenger

Lakes, Bay & Region • October 1 2016

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**YOUR SAY:** INSURANCE INCREASES DUE TO BUSH FIRE ZONE AND ESCALATING CRIME • WUNYA  
**LEONIE:** MY FAMILY TOLD ME DAD IS MOVING IN WITH ME BECAUSE I DON'T HAVE A HUSBAND



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# THE Messenger

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### NEWSROOM/EDITORIAL/SUBMIT A STORY

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email your reports and pictures to Editor Dan Fidler via:

**[editor@northlakesmessenger.com.au](mailto:editor@northlakesmessenger.com.au)**

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*The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.*



# Parking around new train stations

- No parking trial between 6am and 6pm Monday to Friday in the streets closest to the new stations
- Each eligible household in the trial area will be issued with two visitor parking permits
- Recommended access to the new train stations via the shared pathway

From Tuesday, 4 October Moreton Bay Regional Council will launch a new on-street parking management trial in a bid to ensure safety around the region's six newest train stations.

Mayor Allan Sutherland said a resident and visitor parking permit trial was being rolled out along the Redcliffe Peninsula line by Council as part of a new parking strategy developed in close consultation with local residents.

"Last year, Council and the State Government sought direct feedback from local residents, businesses and schools who are in close proximity to new train stations about their preferred options for managing parking in their local streets," Mayor Sutherland said.

"The overwhelming preference (around 80%) was for a period of no parking to be introduced between 6am and 6pm Monday to Friday in the streets closest to the new

stations, except where parking permits are displayed.

"Based on this strong feedback, council will now introduce a resident and visitor parking permit trial in the streets closest to the Kippa-Ring, Rothwell, Mango Hill, Mango Hill East, Kallangur and Murrumba Downs train stations.

"With any new system there will be a period of settling in and we ask commuters and local residents to work with council to make this a success.

"The trial will allow council to review the success of the permit system to see how it is working for residents and commuters alike."

Mayor Sutherland said eligible residents could apply now to Council for a resident or visitor parking permit as part of the Redcliffe Peninsula Rail line on-street parking management trial.

"Each eligible household in the trial area will be issued with two visitor parking permits, and is encouraged to submit an application form to Council for their required number of resident permits," the Mayor said.

"This permit system is very similar to that which exists in Brisbane City Council to help manage parking around major venues and other inner city areas."

"No Parking" signage is currently being installed in local streets but will be covered and not enforced until the commencement

of the Redcliffe Peninsula line on Tuesday, 4 October 2016.

As an alternative to parking, customers can access each of the six new train stations via the 12.6 kilometre shared pathway, or get friends or family to drop them off via the dedicated kiss 'n' ride drop-off zones (available for 10 minutes at a time).



Residents will also be able to connect to the new rail line through the redesigned local bus network, which will provide new connections between buses and trains, while maintaining services to existing key destinations. A total of 17 bus routes will service the Redcliffe Peninsula line stations.

Mayor Sutherland said Council's focus was on helping commuters, motorists, local residents and businesses understand the new parking arrangements around the region's six new stations.

"Council officers will be providing information and advice to local residents and commuters in the first instance, and providing warnings to those motorists parking in the wrong spots," the Mayor said.

"This is not about fining people. Our focus will be on providing information and warnings before any fines are issued."

For more information about how to apply for permits or for trial area maps, please visit [www.moretonbay.qld.gov.au/parkingpermits](http://www.moretonbay.qld.gov.au/parkingpermits)

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- Last Friday, Federal Minister for Urban Infrastructure Paul Fletcher said the \$1 billion Redcliffe Peninsula Line, which includes \$595 million in funding from the Commonwealth Government, would

"Thousands of people commute from the Moreton Bay region to the Brisbane CBD and beyond each and every day, and everyone who has ever commuted wishes they could spend less time in traffic and more time at

"I appreciate the disruption the closure has caused for commuters, however it was necessary to enable the commissioning of the

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new Redcliffe Peninsula line.

"We recently opened the 12.6-kilometre shared user path along the length of the line, and today we will open a new 100-space car park and park 'n' ride facilities for easy access.

"We already have more than 3000 registrations for the upcoming community open day, for which registrations have already closed.

"We've also received an incredible 2000 ballot entries for the very first train service, which closed last Friday and were drawn Monday, 26 September.

"Everything is coming together and I'm excited to see this historic rail line open in coming weeks."

A community open day event will take place on Monday, 3 October (Queen's birthday public holiday) with a free shuttle train ride stopping at all new stations, before passenger services starting on Tuesday, 4 October.

Moreton Bay Regional Council Mayor Allan Sutherland said he was pleased the final testing of the signalling system had been a success.

"This line has been more than 100 years in the making, and now it's only 10 days away," Mr Sutherland said.

"It's great to hear the final testing of the signalling system went well and that the line

is on track and ready to open as planned on Tuesday, 4 October, in time for the start of the school term.

"Once commuter services start, more than 34 per cent of the region's residents will be connected to a fast, reliable rail service for the first time ever, with a journey into the Brisbane CBD taking less than an hour.

"We couldn't be more excited here in the Moreton Bay Region for this historic rail line to open, and I encourage everyone to register and come down for the community open day to celebrate.

"The community open day is a chance to experience history in the making, and will be a great family day out where you can grab a sausage sizzle and familiarise yourself with your local station."

This project is part of a \$1.2 billion program of public transport improvements for the Moreton Bay Region.

The program includes the \$988 million Redcliffe Peninsula rail line and the \$37.5 million Rothwell Intersection Upgrade which are jointly funded by the Australian Government, Queensland Government and Moreton Bay Regional Council; and the \$139 million Lawnton to Petrie Rail Upgrade Project.

This news comes hot on the heels of RACQ's research comparing Brisbane's transport costs to Australia's other major capital cities.

RACQ commissioned research by Deloitte Access Economics to produce its Cost of Living report, which examined prices of public transport, taxis and ride sharing services during the month of July.

RACQ spokesperson Renee Smith said it was important to understand if prices were fair and where Brisbane residents were being hit hardest.

"Of the five cities compared, Brisbane locals were enjoying the second cheapest train and bus fares for travel within the CBD, but that changed dramatically as soon as longer journeys were taken," Ms Smith said.

"The costs associated with train travel out of the city were the most expensive of the five major capital cities, second only to Perth, with those in Brisbane having to pay double what Adelaide residents were for an equivalent journey."

Ms Smith said it was vital public transport remained affordable for Brisbane residents.

"Public transport is an absolute necessity for reducing congestion on our roads," she said.

"We call on the State Government and Brisbane City Council to continue to look at ways to make catching a bus or train an affordable option for commuters."

**Pictured:** Yvette D'Ath MP for Redcliffe, Mayor Allan Sutherland and Shane King MP for Kallangur welcome the imminent opening of the new rail line.



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**P**icnic Hill has quickly become one of the most talked about events on the local calendar and for good reason. The event hosts a relaxed atmosphere, awesome food, drinks and entertainment all with local colour.

Running the second Friday of every month, Redcliffe's latest and greatest event is a modern family friendly festival with street performers, live music, live street art, market stalls, lawn games and Brisbane's best food trucks (the likes of Little Back, King of the Wings, The Bone Lorry and All Inn Brewing Co).

Situated at the corner of Oxley and Anzac Avenue, the venue catches the sea breeze, so as the weather warms you can stay cool while soaking up the chill vibes.

Entry to the festival is just a gold coin donation, with all profits going directly

towards supporting young people at risk throughout North Brisbane.

Picnic Hill started as an idea formed by the team at the Redcliffe Youth Space Centre's Skilling Queenslanders for Work program. This program's goal is to educate young people in business skills and Picnic Hill was created as an event run by the Redcliffe Youth Space team to that end. It's been successful so far, landing many of their volunteers job placements out in the real world.

Follow Picnic Hill on Facebook and stay up to date with the monthly line up of food and entertainment

Email [amylee@redcliffeyouthspace.org](mailto:amylee@redcliffeyouthspace.org) for info on Picnic Hill business sponsorship opportunities.

The upcoming dates for Picnic Hill are Friday October 14, November 11, December 19 and ongoing.

## HOW TO ENTER

The next Picnic Hill is on Friday October 14, 4pm - 10pm and we've got a prize that's going to give you a special tingle in your Friday feels - A VIP experience. The prize includes:

- a family sized day bed facing the main stage on the hill, for you and your tribe to soak up the good vibes;
- a bottle of bubbles on arrival;
- a cheese platter put together by Cheese and Deli Kitchen (2015 MRK contestants Tony and Lynn), and;
- Full bar service\*

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To enter, email us at [comp@northlakesmessenger.com.au](mailto:comp@northlakesmessenger.com.au) with "Picnic Hill" in the subject line and describe Picnic Hill in 3-5 words. The winner will be the most striking entry. You can be funny, irreverent, accurate, whatever you like. Superlatives people! Entries close October 8, 5pm.

\*this means you'll be waited on for the entirety of your stay at the event - you'll still have to pay for your drinks but you won't have to get off your bum for them. Both the Messenger and the organisers of Picnic Hill advocate responsible and moderate drinking.

Privacy: The Messenger complies with the *Australian Privacy Act 1988* in safeguarding your privacy. Information submitted by you is used only for purposes of the competition. Your information is not kept on file, collated or distributed in any way.





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## *My family told me Dad is moving in with me because I don't have a husband*

Hi Leonie,

I have a domestic issue that is driving me to tears. My elderly father came to live with me in my little home and has been here for the last four months. He is very healthy and sharp as a tack and still goes to North's Leagues club and fishing and even an occasional game of golf.

So although he is elderly he is in no way not living life to the full. I, an older sister who lives Western Australia and Dad just told me he was moving in with me when he sold his big home in Ashgrove because according to him, I don't have a husband and have plenty of room.

I was not adverse to Dad coming but I really had no say about it as he said he would not go to Western Australia.

Here's the problem. Dad has adopted his old parent child way of behaving that he had in the 1960's. He questions everything I buy saying it's a waste of money. God help me if I put the dryer on and it's not teeming with rain. He goes off like a cracker about all that wasted electricity.

I don't ask Dad for a red cent. I want him to spend his pension on himself and live a good life but I also want him to get off my back. We have had huge fights over my little dog. She is an old girl now and has arthritis and yes she has full run of my house and my bed and I'm not ashamed to say it. This little dog has gotten me through some tough times and I love her as if she was my child. I won't leave her at home with Dad because he throws her outside the minute I look away – rain hail or shine.

She is now acting scared around him and I don't seem to be able to reason with him. He tells me that the house is for people and the yard is for dogs. But the trouble doesn't stop there. My Dad has terrible personal hygiene and he stinks to high heaven. I swear that he only wears about four items of his enormous collection of flannel shirts, stubbies and blue singlets and let me just say that there is not as many undies as there are days of the week showing up in the laundry. I want my old life back but I don't want to kick my Dad out.

What do you think?

Catherine/Kallangur

Hi Catherine,

I couldn't help but smile about the hygiene. Years ago I remember my Dad saying things like "Why are you having a shower? You haven't been to work today" sometimes I think this is a throwback to their youth when people had to boil up the old coppers to bucket hot water to the bath tub and it was all such a chore they wouldn't do it every day. The thought pattern was if they hadn't broken a sweat they didn't need to wash.

I believe that you can be a loving daughter whilst also claiming back your life and your way of doing things. Rather than fighting or arguing each point of contention, I would start by using definite statements with your Dad. A definite statement is a proclamation of how things are going to be.

For instance: **"Dad, that's the way it is in this house"** and **"My dog, does not have to go outside. End of discussion"** and **"I don't agree with you about that so no, things are staying the same"**.

If your Dad continues to argue the point you might consider saying something like. "You know Dad, you did a great job of raising us girls to be independent and make our own decisions. This is how I choose to live my life and I will spend my money any way I choose. You should be proud of me for living my life on my own terms"

You really need to back yourself in this situation because if you keep adjusting your way of living to suit your Dad's demands you will be adjusting your capacity for happiness and you could fall into depression.

If things don't improve you might consider mediation or counselling to come to some fair and workable ground rules in the home. So my advice is when your Dad pushes unfairly, push back with respect. Be just as determined as he is and in this way compromise might be reached. If you continually yield, you will mostly likely end up being that little girl again asking for Dad's permission to do things in your own home.

Til next week, Leonie

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E-mail: [leonieschilling@bigpond.com](mailto:leonieschilling@bigpond.com)

Leonie Schilling is a qualified private practitioner.

For appointments please phone 3886 2715 or 0423 653 841

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#### Insurance increases due to bush fire zone and escalating crime

I was informed yesterday by my insurance company that my annual premium was to rise by approximately 33% as a result of two reasons.

1. **The Morton Bay council re-classifying North Lakes as a "Bush fire Zone".**
2. **The Police reporting an escalation in crime in North Lakes.**

I have lived here since 2007. There is no way this is or will ever be a "Bush fire zone" and if this is a real danger, where the heck is our fire station.

Secondly, I always read the weekly stats of crime in NL and they do not seem to change. Generally two incidents of either break in or attempted breaking, no violent house invasions, no drive by shootings, no stabbings or drama in the shopping centre.

So who in the police service is reporting this information erroneously?

Note to the council and the police reporting personnel. Report the status accurately, as you are causing issues, in addition to the constantly rising rates.

CF

#### Wunya

Just a short one to congratulate your magazine on it's depiction of multiculturalism in print.

In a sea of media white face your magazine consistently reflects the realities of modern Australian communities and we think you deserve praise for it.

We were particularly impressed by your focus on the indigenous aspect in the coverage of the Redcliffe Remembers event. Yes, Redcliffe remembers but the old girl has few blanks in her memory.

Keep up the good work Messenger team.

Wunya

GD

# WHAT'S ON

## Our guide to what's on

**Easily submit your event on our homepage**  
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Please direct questions about this free service to [editor@northlakesmessenger.com.au](mailto:editor@northlakesmessenger.com.au)

### **CABOOLTURE RIVER FISHING AND BOATING CLUB BRUNCH FOR DECEPTION BAY PCYC**

Date: Sunday 16 October

Time: From 9.30am

Location: Caboolture River Fishing and Boating Club  
514 Uhlmann Road, Burpengary

**Cost:** \$20 Adults \$10 High Schoolers, \$5 Primary Schoolers, FREE Prep & under

The Caboolture River Fishing and Boating Club run an annual fundraising brunch to help support worthy causes. This year the event will assist the Deception Bay PCYC, raising funds to help set up and deliver a program called RUBY for victims of domestic violence in our Moreton Bay Region.

The first 120 tickets sold receive \$20 Stefan voucher. Contact Liz on 0418722975, Jess 0459708369 or Elaine 0414860347 or any member of The Caboolture River Fishing And Boating Club.

### **KOOZA BY CIRQUE DU SOLEIL**

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Location: Skygate, Next to Brisbane Airport DFO, QLD

**Cost:** Varies, see more info below

Described as a traditional circus homage and a return to the famed circus' origins, KOOZA combines acrobatic performance and the art of clowning, while exploring fear, identity, recognition and power. The Innocent's journey brings him into contact with comic characters from an electrifying world full of surprises, thrills, audacity and total involvement.

More info: <https://www.cirquedusoleil.com/kooza>

### **PARK SOUNDS**

Date: Saturday 12 November 2016

Time: 1.00pm - 10.00pm

Location: Pine Rivers Park, Strathpine

**Cost:** See Website

Park Sounds is an over 18s event featuring internationally renowned hip hop group Bliss n' Eso. Also in the lineup are Dapht, Nicole Millar, Running Touch, PON CHO and GG Magree. It's a licensed event with police and security arrangements in place. For more information and to purchase tickets, visit [www.parksounds.com.au](http://www.parksounds.com.au)



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16439/0816



# Hospital for mental illness more likely in regions: Report

BY DR ANITA GREEN, BRISBANE NORTH PHN

A national report has found Australians living in regional areas are more likely than city dwellers to be hospitalised for a mental health condition or for intentionally harming themselves.

The report, released by the Australian Institute of Health and Welfare (AIHW) last week, looked at local-level variation in populations across Australia's 31 Primary Health Network (PHN) areas and 330 smaller local areas.

AIHW spokesperson Michael Frost said overnight hospitalisations for mental health conditions varied across PHN areas, from 627 per 100,000 people in the ACT to 1,267 per 100,000 in North Coast NSW.

"Overall, regional PHN areas had higher rates of hospitalisations than city-based PHNs," Mr Frost said.

This disparity was more pronounced for hospitalisations related to intentional self-harm, with a three-fold variation between Eastern Melbourne PHN area (83 per 100,000) and the Central Queensland, Wide Bay and Sunshine Coast area (240 per 100,000).

The report also looked at hospitalisations for six sub-categories of mental health: drug and alcohol use, schizophrenia and delusional disorders, anxiety and stress disorders, depressive episodes, bipolar and mood disorders, and dementia.

Across the 330 smaller areas, the report

examined variation across measures of socioeconomic status and remoteness. It found significant disparities – up to four-fold variation – when comparing similar local areas.

Brisbane North PHN Chief Executive Abbe Anderson said the PHN was currently using more recent data on mental health hospitalisations, but welcomed the updated data on self-harm, which she said would provide a useful baseline to plan additional services.

"Access to the latest health data is critical to support the work we undertake with our stakeholders to plan and develop new mental health and suicide prevention services," Ms Anderson said.

*regional PHN areas had higher rates of hospitalisations than city-based PHNs*

"Our collaboration with members of the North Brisbane Partners in Recovery (PiR) consortium is a prime example of this work," she said.

"In the last two years since the AIHW data was collected, North Brisbane PiR has supported more than 1,800 people with severe and persistent mental illness to improve their access to better coordinated services.

"Partners in Recovery has set a new standard in system reform to benefit people with mental illness, but there is so much more we can accomplish.

"In its response to the National Review of Mental Health Programs and Services, the Federal Government recognised the need to move toward more integrated and better coordinated mental health care.

"Central to the Government's response was its decision to give PHNs responsibility for

commissioning Commonwealth-funded mental health and suicide prevention services from July 1 this year.

"We began consultation with our stakeholders almost immediately and have already completed a mental health needs assessment for our region," Ms Anderson said.

Brisbane North PHN hosted two regional suicide prevention forums in September to help shape the local suicide prevention system, starting with the delivery of new services early in the new year.

These forums will help guide the PHN's investment in regional primary care suicide prevention services and its work on a systems-based regional approach to suicide prevention planning.

For more information about the PHN's mental health and suicide prevention planning, go to: <http://ow.ly/xDJE304pwjF>.

To view the AIHW report: Healthy Communities: Hospitalisations for mental health conditions and intentional selfharm in 2013–14, go to: [www.aihw.gov.au](http://www.aihw.gov.au).

If you need help in a crisis, call Lifeline on 13 11 14 or the Suicide Call Back Service on 1300 659 467.

Further information and mental health resources are available from beyondblue, call 1300 22 4636 or go to: [www.beyondblue.org.au](http://www.beyondblue.org.au).

## ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.



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## HOW TO BE CONTENT WITH WHAT YOU HAVE RIGHT NOW

I've noticed that a lot of what we as humans spend our emotional energy on is to search for happiness as the ultimate state-of-being. Societal and parental influences may cause us to believe that when we inevitably experience life's difficult thoughts and emotions, we should do our utmost to suppress or try and get rid of them, or to just keep up a brave face, ignore them and "think positively". This process does little to help us experience the joys of "here-and-now" - living and being content with what we have right in front of us.

I teach my clients that all thoughts and feelings are a normal and natural part of life (even the difficult and unwanted ones) and although we often get caught up in our struggles with difficult and unwanted thoughts and feelings, we do not have to be dictated to by them. We can learn to respond to them more effectively and even use them to help us live our lives the way we really want to.

I use Acceptance and Commitment Therapy (ACT) and Positive Psychological Strategies as my main mode of counselling to teach clients to take effective action that will enhance and improve their quality of life, even in the presence of unwanted emotions. I also help clients explore and uncover their deepest held values and I encourage them to start living according to these; to pursue a rich, full and meaningful life rather than just trying to be happy all the time.

  
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# Your Stars



**Aquarius Jan 21-Feb 19:** You can see how two parties are doing themselves more harm than good. Nevertheless dysfunctional relationships have a logic all their own.



**Pisces Feb 20-March 20:** When you're feeling this bogged down its better to dump a few things rather than make it all work. Start with the most thankless obligations.



**Aries March 21-April 20:** Don't ponder the situation too much. You'll only talk yourself out of it. Trust your intuition and make that leap of faith.



**Taurus April 21-may 21:** Watch your words in the coming weeks. You never know what will slip out, maybe best to stick to yes or no answers.



**Gemini May 22-June 21:** Don't lose your temper. You could play right into someone's hands. Maintain a calm demeanour until you have a clearer idea on what's what.



**Cancer June 22-July 23:** Promises may have been made to you without the guarantor's knowledge. Prepare to take a certain go between to task.



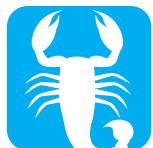
**Leo July 24-Aug 23:** Don't buy the guilt trip! If someone's working that hard to make you feel bad then it means they're not trying hard enough to make things right.



**Virgo Aug 24-Sept 23:** Watch it with the cynical asides. One remark is all it takes for certain overreacting types to get bent out of shape.



**Libra Sept 24-Oct 23:** You're not exactly known for being decisive, but even you have had your fill of colleagues hemming and hawing. Any decision at this point will do.



**Scorpio Oct 24-Nov 22:** Messages aren't as contradictory as you think. Be less literal and more associative and you'll discover the underlying theme.



**Sagittarius Nov 23-Dec 21:** Yield on this issue and you'll soon be yielding on another. The best way to prevent a row of dominoes from falling is by not allowing the first one to go.



**Capricorn Dec 22-Jan 20:** Don't let others case of nerves give you cold feet. You know what your doing is right, so see it through. You won't be disappointed.

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## NINE

**6.00** PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Ground Floor. (PG) **12.30** Fish'n With Mates. **1.00** Hot In Cleveland. (PG) **1.30** The Block. (PG) **2.30** The Block. (PG) **3.30** The Block. (PG) **4.30** Garden Gurus. **5.00** News: First At Five. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Movie: Zookeeper. (PG) (2011) Kevin James, Rosario Dawson. **9.00** Movie: Beverly Hills Cop III. (M) (1994) Eddie Murphy, Judge Reinhold, Hector Elizondo. A detective investigates an amusement park. **11.00** Movie: Pink Cadillac. (M) (1989) Clint Eastwood. **1.30** Movie: Silk. (M) (2007) **3.30** Avengers. (PG) **4.30** Global Shop. **5.00** Fish'n With Mates. **5.30** Wesley Impact.

## GO!

**6.00** Children's Programs. **11.00** Dennis & Gnasher. **11.30** Pirate Express. **12.00** Move It. **12.30** Wild Kratts. **1.00** Kate And Mim-Mim. **1.30** Yu-Gi-Oh! (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Sonic Boom. (PG) **3.00** Power Rangers Dino. (PG) **4.00** Teen Titans. (PG) **4.30** Ben 10. (PG) **5.00** Justice League Unlimited. (PG) **5.30** Batman. (PG) **6.00** Scooby-Doo! Spooky Games. (PG) **6.30** Movie: Happy Feet Two. (PG) (2011) **8.30** Movie: Sherlock Holmes: A Game Of Shadows. (M) (2011) **11.05** Southern Justice. (M) **12.00** Adult Swim. (MA15+) **1.00** The Almighty Johnsons. (M) **2.00** Sonic Boom. (PG) **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Wild Kratts. **4.30** Kate And Mim-Mim. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** NBC Today. **7.00** Weekend Sunrise. **9.00** AFL Game Day. **11.00** AFL Grand Final Pre-Game Show. **2.00** Football. AFL. Grand Final. Western Bulldogs v Sydney. **6.00** News. **7.00** The Big Music Quiz. (PG) Cal Wilson, Dylan Lewis and Jude Bolton face off on their knowledge of popular music. **8.00** Movie: Grown Ups 2. (PG) (2013) Adam Sandler, Kevin James. A man moves back to his hometown. **10.00** Movie: Ted. (MA15+) (2012) Mark Wahlberg, Mila Kunis. **12.15** The Neighbors. (PG) **12.45** The Neighbors. (PG) **1.15** Shopping. **2.30** To Be Advised. **3.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** Sons And Daughters. (PG) **5.30** Harry's Practice.

## 7TWO

**6.00** Shopping. **8.00** The Travel Bug. (PG) **9.00** Home In WA. **9.30** Great South East. **10.00** Creek To Coast. **10.30** Qld Weekender. **11.00** WA Weekender. **11.30** Horse Racing. Features the Turnbull Stakes and the Epsom Handicap. **5.30** No Reservations. (PG) **6.30** Islands On The Edge. (PG) **7.30** The Hairy Bikers' Northern Exposure. (PG) **8.30** Escape To The Country. Jules Hudson heads to Leicestershire. **9.30** Selling Houses Australia. A couple try to sell their mudgee home. **10.30** To Build Or Not To Build. **11.30** Best Houses Australia. **12.00** No Reservations. (PG) **1.00** Psychic TV. (M) **4.00** Sydney Weekender. **4.30** WA Weekender. **5.00** Qld Weekender. **5.30** Creek To Coast.

## TEN

**6.00** Fishing Edge. **6.30** The Home Team. **7.00** RPM. **8.00** Family Feud. **8.30** Weekend Feast. **9.30** St10. (PG) **12.00** The Living Room. **1.00** Healthy Homes Australia. **1.30** Life Inside The Markets. (PG) **2.00** The Doctors. (PG) **3.00** iFish. **4.00** What's Up Down Under. **4.30** A Taste Of Travel. (PG) **5.00** News. **6.00** Movie: Walking With Dinosaurs. (PG) (2013) **7.45** Fabulous Frogs: Natural World. Presented by Sir David Attenborough. **8.45** Movie: The Wolverine. (M) (2013) Hugh Jackman, Will Yun Lee. **11.15** To Be Advised. **11.45** 48 Hours. (M) **12.50** Rugby Union. Rugby Championship. Round 5. South Africa v Australia. **3.00** Shopping. **4.30** It Is Written. **5.00** Hour Of Power.

## ONE

**6.00** Home Shopping. **8.00** Get Smart. (PG) **9.00** World Sport. **9.30** Operation Repo. (PG) **10.00** Raising Hope. (PG) **11.00** Star Trek: The Next Generation. (PG) **12.00** MacGyver. **1.45** Diagnosis Murder. **3.00** Jake And The Fatman. **4.30** Reel Action. **5.00** Driven Not Hidden. Final. **5.30** Escape Fishing With ET. **6.00** Jamie & Jimmy's Food Fight Club. (PG) **7.00** Undercover Boss. (M) **8.00** Caught On Camera: Heroes And Villains. (M) **9.00** Megastructures. **10.00** Zoo. (M) **11.00** Crisis. (M) **12.00** Rosewood. (MA15+) **1.00** Bellator MMA. **3.00** RPM GP. **3.30** RPM. **4.30** Motorcycle Racing. MotoGP: Race 14. Aragón Grand Prix. Replay: From Motorland Aragón, Alcañiz, Spain.

## ABC

**6.00** Rage. (PG) **10.30** Rage. (PG) **11.35** The Checkout: Factory Seconds. (PG) **12.05** Birds Of A Feather. (PG) **12.30** Qi. (PG) **1.00** Pointless. **1.45** The Men Who Made Us Thin. **2.40** Restoration Man. (PG) **3.30** Howard On Menzies: Building Modern Australia. (PG) **4.30** Landline. **5.00** Midsomer Murders. (PG) **6.30** Gardening Australia. **7.00** ABC News. **7.30** Agatha Raisin. (PG) **8.20** Agatha Christie's Partners In Crime. (M) **9.15** The Doctor Blake Mysteries. (M) **10.15** Miniseries: Fleming: The Man Who Would Be Bond. (M) **11.00** The Code. (M) **12.00** Rage. (PG) **5.00** Rage. (PG)

## ABC2

**6.00** Children's Programs. **4.25** Mister Maker's Arty Party. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Kazoos! **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Highway Thru Hell. (PG) **8.15** Would I Lie To You? (PG) **8.45** Ed Byrne: Crowd Pleaser. (MA15+) **10.20** Live At The Apollo. (M) **11.05** Catastrophe. (M) **11.30** Episodes. (MA15+) **12.00** Breaking Bad. (M) **12.55** Breaking Bad. (MA15+) **1.50** Highway Thru Hell. (PG) **3.35** News Update. **3.40** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** The Koala Brothers. Final. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

## SBS

**6.00** WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** The Car That Money Can't Buy. **4.20** Dancing Cheek To Cheek. (PG) **5.25** Who Do You Think You Are? (PG) **6.30** SBS World News. **7.35** Million Dollar American Princesses. **8.30** Grand Tours. **9.00** Soccer. EPL. Swansea City v Liverpool. **11.50** Cycling. Giro di Lombardia. **1.20** Baiskell. **1.55** Destination Flavour Bitesize. **2.00** Bureau 06. (PG) **3.00** Greece: The Lost Signal Of Democracy. (PG) **4.00** Continental Drift. (MA15+) **4.20** Futsal. FIFA Futsal World Cup. Grand Final.

## SBS2

**6.00** WorldWatch. **12.30** Dutch News. **1.00** Where Are We Going, Dad? **2.45** Man Vs Fly. **2.50** The Numbers Game. **4.15** Don't Tell My Mother... (PG) Final. **5.10** Hipsters. (M) **5.40** 365: Every Day Documentaries. **5.45** Survivor Games With Bear Grylls. (PG) **7.00** Food, Booze And Tattoos. (PG) **7.30** If You Are The One. **8.30** Royal Navy School. (M) **9.25** Halfworlds. (MA15+) **10.00** 12 Monkeys. (MA15+) **10.50** Lost Girl. (MA15+) **11.45** Movie: Room In Rome. (MA15+) (2010) **1.45** Greg's First Day. (MA15+) **2.00** Paul The Psychic Octopus. (PG) **3.00** TPB AFK: The Pirate Bay Away From Keyboard. (M) **3.55** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.05pm Cast Away** (2000) Drama. Tom Hanks, Helen Hunt. (M) *Masterpiece*

**8.30pm The Best Exotic Marigold Hotel** (2011) Comedy. Judi Dench, Bill Nighy. (PG) *Romance*

**8.30pm Bridget Jones's Diary** (2001) Comedy. Renée Zellweger, Colin Firth. (M) *Romance*

**9.25pm Brief Encounters**. (M) *BBC First*

**10.10pm The Half Hour**. Comedy Channel *Channel*

**10.10pm The Half Hour**. Comedy Channel *Channel*

**10.10pm The Half Hour**. Comedy Channel *Channel*

**10.10pm The Half Hour**. Comedy Channel *Channel*

**10.10pm The Half Hour**. Comedy Channel *Channel*

**10.10pm The Half Hour**. Comedy Channel *Channel*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0110



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## NINE

**6.00** Weekend Today. **9.00** Wide World Of Sports. (PG) **10.00** NRL Sunday Footy Show. (PG) **12.00** Rugby League. Holden Cup. Grand Final. Penrith Panthers v Sydney Roosters. **2.45** Rugby League. State Championship. Grand Final. Illawarra Cutters v Burleigh Bears. **5.00** Nine News. **5.30** NRL Grand Final Pre-Match Entertainment. **6.15** Rugby League. NRL. Grand Final. Melbourne Storm v Cronulla Sharks. **8.15** NRL Grand Final Post-Match Presentation. **9.15** Movie: 21 Jump Street. (MA15+) (2012) Channing Tatum, Jonah Hill. A pair of cops go back to high school. **11.30** Unforgettable. (M) **12.30** Impractical Jokers. (M) **1.00** Full Cycle. **1.30** TV Shop. **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** GMA. **5.00** News. **5.30** Today.

## GO!

**6.00** Children's Programs. **12.00** Rabbids Invasion. (PG) **12.30** SpongeBob. **1.00** Kate And Mim-Mim. **1.30** Yu-Gi-Oh! (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Nexo Knights. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Yo-Kai. (PG) **4.00** Teen Titans. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Ben 10. (PG) **5.30** Batman. (PG) **6.00** Movie: Tom And Jerry: Robin Hood And His Merry Mouse. (G) (2012) **7.10** Movie: Aliens In The Attic. (PG) (2009) **8.55** Movie: Transformers. (M) (2007) **11.50** Adult Swim. (MA15+) **12.50** The Almighty Johnsons. (M) **1.50** GO Surround Sound. (M) **2.00** Wild Kratts. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Little Charmers. **4.30** Kate And Mim-Mim. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Dr Oz. (PG) **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.30** To Be Advised. **2.00** Movie: Maid In Manhattan. (PG) (2002) **4.00** Better Homes. **5.00** News. **5.30** Great South East. **6.00** News. **7.00** The Big Music Quiz. (PG) Anthony Albanese, Jackie O and Ella Hooper face off in a popular music knowledge test. **8.00** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.00** Movie: Forrest Gump. (M) (1994) Tom Hanks, Robin Wright, Sally Field. A kind-hearted man recalls his life story. **11.50** The Goldbergs. (PG) **12.15** Scandal. (MA15+) **1.10** Scandal. (M) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** Home And Away Catch-Up. (PG) **11.00** Horse Racing. Spring Racing Carnival. Turnbull Stakes Day. **4.30** Escape To The Country. **5.30** Intolerant Cooks. **6.00** Mighty Cruise Ships. **7.00** For The Love Of Dogs. (PG) **7.30** World's Most Extreme. (PG) **8.30** Escape To The Country. Aled Jones helps a pair of keen cyclists navigate the property market in Worcestershire. **9.30** The House That £100K Built: Tricks Of The Trade. **10.45** Islands On The Edge. (PG) **11.45** Mighty Cruise Ships. **12.45** Psychic TV. (M) **3.45** Escape To The Country. **5.00** The Dr Oz Show. (PG)

## TEN

**6.00** Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** What's Up Down Under. **9.00** Everyday Gourmet. **9.30** St10. (PG) **12.00** Car Torque. (PG) **12.30** The Doctors. (PG) **1.30** The Doctors. (PG) **2.30** Cruise Mode. **3.00** iFish. **3.30** RPM GP. **4.00** RPM. **5.00** News. **6.00** Family Feud: Sunday. **6.30** All-Star Family Feud. **7.30** Movie: Night At The Museum: Secret Of The Tomb. (2014) Ben Stiller, Robin Williams. A security guard embarks on an epic journey. **9.35** Movie: The Other Woman. (M) (2014) Cameron Diaz, Leslie Mann, Kate Upton. A woman discovers her boyfriend is married. **11.50** 48 Hours. (M) **1.00** Shopping. **4.00** Escape With ET. **4.30** CBS Morning.

## ONE

**6.00** Shopping. **8.00** Rugby Union. Rugby Championship. South Africa v Australia. Replay. **10.10** World Sport. **10.30** Life Inside The Markets. **11.00** Reel Action. **11.30** Healthy Homes Australia. **12.00** 4x4 Adventures. **1.00** Undercover Boss. **2.00** Monster Jam. **3.00** Megastructures. **4.00** What's Up Down Under. **4.30** Motor Racing. Formula 1. Race 16. Malaysian Grand Prix. **7.00** M\*A\*S\*H. **8.00** CSI: Cyber. **9.00** Movie: American Psycho. (MA15+) (2000) **11.05** Caught On Camera: Heroes And Villains. **12.05** World Sport. **12.30** RPM GP. **1.00** RPM. **2.00** Swimming. Champions of the Rottneet Channel. Replay. **2.30** Operation Repo. **3.00** Vegas. **5.00** Driven Not Hidden. **5.30** Whacked Out Sports.

## ABC

**6.00** Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** Australia Wide. **11.00** The World This Week. **11.30** Songs Of Praise. **12.00** Landline. **1.00** Gardening Australia. **1.30** The Mix. **2.00** Agatha Christie's Partners In Crime. (M) **3.00** Fake Or Fortune? (PG) **4.10** Australian Story. **4.40** Julia Zemiro's Home Delivery. (PG) **5.10** Agatha Raisin. (PG) **6.00** Anh's Brush With Fame. (PG) **6.30** Compass. **7.00** ABC News Sunday. **7.40** Grand Designs. (PG) **8.30** Poldark. (M) **9.30** Wolf Hall. (M) **10.30** The Honourable Woman. (M) **11.30** Meet The Mavericks. (M) Final. **12.00** Rage. (MA15+) **2.55** Wolf Hall. (M) **4.00** Fake Or Fortune? (PG) **5.00** Insiders.

## ABC2

**6.00** Children's Programs. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Thomas And Friends: The Great Race. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Stan Lee's Superhumans. (PG) **8.15** The Boy Who'll Never Grow Up. **9.00** Ricky Gervais Live: Politics. (MA15+) **10.10** Louis Theroux's Weird Weekends. **11.00** Is Amanda Knox Guilty? (M) **12.00** Swamp Brothers. (PG) **12.20** Swamp Brothers. (PG) **12.45** Swamp Brothers. (PG) **1.05** Stan Lee's Superhumans. (PG) **1.50** The Midwives. (PG) **2.50** News Update. **2.55** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

## SBS

**6.00** Futsal. FIFA Futsal World Cup. Grand Final. Continued. **7.30** WorldWatch. **8.40** French News. **9.30** Soccer. EPL. Swansea City v Liverpool. Replay. **12.00** Arabic News. **12.30** Turkish News. **1.00** Rise Of The Machines. **2.00** Speedweek. **4.00** FIFA World Cup 2018 Magazine. **4.30** Voxwomen Cycling. **5.00** Small Business Secrets. **5.30** Nazi Megastructures. (PG) **6.30** SBS World News. **7.30** Treasures Of Ancient Greece. (PG) **8.35** Earth From Space. **10.20** The Amina Profile. **11.20** Movie: Louise-Michel. (M) (2008) **1.05** Movie: Ten Winters. (M) (2009) **2.50** Life On Us. (PG) **3.55** Ebola: The Search For A Cure. (M) **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

## SBS2

**6.00** WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **12.05** Hindi News. **12.30** Dutch News. **1.00** We Are Young. (PG) **2.05** Geeks. (PG) **3.00** Friday Feed. **3.30** Community. (PG) **3.55** Community. (PG) **4.25** Survivor Games With Bear Grylls. (PG) **5.45** 365: Every Day Documentaries. **5.50** Where Are We Going, Dad? **7.30** If You Are The One. **8.30** MythBusters. (PG) **9.30** Travel Man. **9.55** Full Frontal With Samantha Bee. (M) **10.25** The Green Room With Paul Provenza. (M) **10.55** The Green Room With Paul Provenza. (MA15+) **11.25** Savage U. (M) **11.50** Riding Giants. (M) **1.40** Movie: Rebellion. (M) (2011) **4.05** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.20pm Southpaw** (2015) Drama. Jake Gyllenhaal, Rachel McAdams. (MA15+) **Premiere**  
**6.40pm Dirty Harry** (1971) Action. Clint Eastwood, Harry Guardino. (MA15+) **Masterpiece**

**8.30pm Apollo 13** (1995) Adventure. Tom Hanks, Bill Paxton. (PG) **Masterpiece**

## GENERAL

**7.30pm Modern Family.** (PG) FOX8  
**8.30pm The Real Housewives Of Auckland.** (M) Arena  
**8.30pm Robot Chicken.** (MA15+) Comedy Channel

## DOCUMENTARY

**7.30pm Andrew Lloyd Webber Musicals: Jesus Christ Superstar.** Foxtel Arts

**7.30pm Tomorrow's Food.** Lifestyle Food  
**10.20pm Titus Andronicus.** (PG) Foxtel Arts

## SPORT

**6.00am Golf.** Ryder Cup. USA v Europe.  
**Day 2. Fox Sports 3**  
**9.00am Rugby Union.** The Rugby Championship. Argentina v New Zealand. Fox Sports 2  
**7.00pm Cricket.** One-day International Series. South Africa v Australia. Game 2. Fox Sports 2

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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By Sarah Kottman, Reiki Practitioner, Homeopath & Naturopath  
Zen Chi Natural Therapies & Wellness Centre

The seven main chakras sit within our body and align with the spine starting from the base and moving to the crown, energy flows between the chakras is called our vital force. Since everything is moving, it is essential that our seven chakras remain open as blockages within these seven chakras can often lead to illness.

1. The root chakra represented as red is our foundation and gives us a sense of being grounded
2. The sacral chakra represented as orange is our connection and ability to accept others and new experiences
3. The solar plexus is represented as yellow, which gives us the ability to feel confidence and control in our lives
4. The heart chakra represented as green and is our ability to love
5. The throat chakra represented as blue is our ability to communicate
6. The third eye chakra represented as indigo and is our ability to see the bigger picture and also our intuition
7. The crown chakra represented as purple is our connection to the spiritual connection

Being aware of your chakras is the first step to bringing back alignment. Imbalances can sometime be difficult to detect unless physical symptoms come up. Such as a recurrent sore throat may be a blockage in the throat chakra.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: A Home Of Our Own. (PG) (1993) Kathy Bates, Edward Furlong, Soon-Tek Oh. A family heads to Idaho in search of a new life. **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.45** Hyde & Seek. (M) New. **9.45** Australian Crime Stories. (M) New. **10.45** Person Of Interest. (M) Return. **11.40** Undateable. (M) **12.10** What Would You Do? (MA15+) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **1.30** Kate And Mim-Mim. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Power Rangers Dino. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Top Gear: Africa. (PG) **9.00** Movie: The Expendables. (MA15+) (2010) **11.00** Tattoo Fixers. (MA15+) **12.00** American Digger. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Power Rangers Dino. (PG) **2.30** Kate And Mim-Mim. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **10.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Are We There Yet? (PG) (2005) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** The X Factor. (PG) Return. Hosted by Jason Dundas. **8.40** The Secret Daughter. (PG) New. Finding herself in hot water, a country pub singer pretends to be the secret daughter of a wealthy tycoon. **9.40** Big Bang. (PG) Penny throws a surprise party. **10.10** Big Bang. (PG) **10.40** Botched Up Bodies. (MA15+) Return. **11.40** The Goldbergs. (PG) **12.10** Packed To The Rafters. (PG) **1.05** The Real Seachange. **1.30** Happy Endings. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** Match It. **7.30** In Your Dreams. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Best Houses Australia. **12.00** Escape To The Country. **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** The Zoo. **3.30** RSPCA Animal Rescue. **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Rosemary & Thyme. (PG) **8.30** Wallander. (M) While investigating the murder of an elderly bird watcher, Wallander discovers another man is missing. **10.30** Air Crash Investigation. (PG) **11.30** Bargain Hunt. **12.30** Lovejoy. (M) **1.30** Dr Oz. (PG) **4.30** The World Around Us. **5.30** Harry's Practice.

## TEN

**6.00** Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.40** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Australian Survivor. **8.30** Have You Been Paying Attention? (M) Celebrity guests competing to see who can remember the most about events of the week. **9.30** The Odd Couple. (PG) Oscar learns Felix was a top chess player. **10.00** The Odd Couple. **10.30** Elementary. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** Escape With ET. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** RPM. **9.00** Furies. (PG) **10.00** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Raising Hope. (PG) **2.00** Monster Jam. **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** Undercover Boss. (M) **8.30** Movie: Heat. (M) (1995) Al Pacino, Robert De Niro, Val Kilmer, Jon Voight. A detective pursues a criminal across Los Angeles. **11.55** Sex&Drugs&Rock&Roll. (M) **12.25** Sex&Drugs&Rock&Roll. (MA15+) **12.55** House Of Lies. (MA15+) **1.55** Diagnosis Murder. (M) **3.00** Hogan's Heroes. **4.00** Jake And The Fatman. (PG) **5.00** Vegas. (M)

## ABC

**6.00** ABC News Breakfast. **9.00** ABC News Mornings. **10.00** Landline. **11.00** Compass. **11.30** Eggheads. **12.00** News At Noon. **1.00** Poldark. (M) **2.00** Grand Designs. (PG) **2.50** Royal Variety Performance 2014. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** One Plus One. (PG) **6.10** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.30** Desert War. (PG) **12.30** Mad Dogs. (MA15+) **1.15** The Mix. **1.45** Rage. (MA15+) **3.20** Royal Variety Performance 2014. (PG) **5.30** Eggheads.

## ABC2

**6.00** Children's Programs. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** The Checkout. **8.30** Louis Theroux's Weird Weekends. (M) **9.20** Ross Kemp: Extreme World. **10.25** Shaun Micallef's MAD AS HELL. (PG) **10.55** Jimmy Fallon. (PG) **11.35** Ricky Gervais Live: Politics. (MA15+) **12.45** River Monsters. (PG) **1.35** Jimmy Fallon. (PG) **2.15** News Update. **2.20** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

## SBS

**6.00** WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Eros Ramazzotti Cinescettà Concert. **3.30** Cuba With Simon Reeve. **4.30** Wild West With Ray Mears. (PG) **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: London. **6.30** SBS World News. **7.30** 24 Hours In Emergency. (M) **8.30** Skies Above Britain. (M) **9.35** Wild Weather With Richard Hammond. **10.40** SBS News. **11.10** The World Game. **11.40** Modus. (M) New. **12.35** Modus. (M) **1.30** Movie: 13 Semesters. (M) (2009) **3.20** Room 101. (PG) **3.50** 24 Hours In Emergency. (M) **4.45** Sevilla. (M) **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** Illusions Of Grandeur. (PG) **4.30** The Raft. (PG) **5.25** 365: Every Day Documentaries. **5.30** Daria. **6.00** If You Are The One. **7.05** Brooklyn Nine-Nine. (PG) **7.30** The Feed. **8.00** The Mindy Project. (M) **8.30** The Mindy Project. (PG) **8.55** Unplanned America. (MA15+) **9.30** Movie: National Lampoon's Animal House. (1978) **11.35** Movie: Suck Me Shakespeer. (MA15+) (2014) **1.40** The Feed. **2.10** Danger 5. (MA15+) **2.40** Movie: King Curling. (M) (2011) **4.10** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.20pm P.S. I Love You** (2007) Drama. Hilary Swank, Gerard Butler. (M) *Romance*  
**8.30pm The Martian** (2015) Drama. Matt Damon, Jessica Chastain. (M) *Premiere*

**10.45pm The Count Of Monte Cristo** (2002) Action. James Caviezel, Guy Pearce. (M) *Action*

## GENERAL

**12.00pm Westworld.** (MA15+) *Showcase*  
**8.30pm Vice Principals.** (MA15+) *Comedy Channel*  
**9.50pm Quarry.** (M) *Showcase*

## DOCUMENTARY

**8.30pm My Dream Home.** *Lifestyle Home*  
**8.30pm Race For The White House.** (PG) *History*  
**9.30pm Great British Menu.** *Lifestyle Food*

## SPORT

**6.00am Golf.** Ryder Cup. USA v Europe. Final day. *Fox Sports 3*  
**11.15am Gridiron.** NFL. Week 4. Pittsburgh Steelers v Kansas City Chiefs. *ESPN*  
**3.00pm Cricket.** Second Test. India v New Zealand. Day 4. *Fox Sports 4*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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LEONIE SCHILLING



## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Nine Presents. **1.15** Extra. **1.45** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) The contestants begin their seventh week of renovating with the hallways, laundries and powder rooms. **8.40** Unreal Estate. (PG) **9.40** Million Dollar Movers. (PG) **10.40** CSI: Crime Scene Investigation. (M) **11.40** CSI: Crime Scene Investigation. (M) **12.35** 20/20. **1.30** Danzo Direct. **2.30** Global Shop. **3.00** Extra. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **12.30** Ben 10. (PG) **1.00** LEGO Friends. **1.30** Kate And Mim-Mim. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Over The Garden Wall. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Cowboys & Aliens. (M) (2011) **10.55** Movie: Blade: Trinity. (MA15+) (2004) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Over The Garden Wall. (PG) **2.30** Kate And Mim-Mim. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Christie's Revenge. (M) (2007) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. (PG) **6.00** News. **7.00** Home And Away. (PG) Phoebe's date is sabotaged by Justin. VJ feels trapped in his life. Ash makes an attempt to fix his mistake. **7.30** The X Factor. (PG) Hosted by Jason Dundas. **8.45** 800 Words. (PG) As the first anniversary of Laura's death approaches, George and the family prepare to leave for Sydney. **9.45** 800 Words. (PG) Final. **10.45** Chicago Fire. (M) **11.40** Blood & Oil. (M) **12.30** Cougar Town. (PG) **1.00** Cougar Town. (PG) **1.30** Happy Endings. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** Match It. **7.30** In Your Dreams. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Air Crash Investigation. (PG) **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** Air Rescue. (PG) **3.30** Crash Investigation Unit. (PG) **4.00** Medical Emergency. (PG) Narrated by Chris Gabardi. **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. Contestants compete to make a profit. **7.30** Kingdom. (M) Lyle's client tries to hide some facts from him. **8.30** Inspector Morse. (M) Inspector Morse and Sergeant Lewis try to solve a murder in a multi-storey car park. **10.50** Border Patrol. (PG) **11.50** Bargain Hunt. **12.50** Lovejoy. (PG) **1.50** Dr Oz. (PG) **5.00** The Magic Of Africa.

## TEN

**6.00** Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Australian Survivor. Hosted by Jonathan LaPaglia. **9.00** Todd Sampson's BodyHack. New. Presenter Todd Sampson tackles some of the biggest challenges of his life using science as his guide. **10.00** NCIS: LA. (M) **11.00** NCIS: New Orleans. (M) **12.00** The Project. **1.00** The Late Show With Stephen Colbert. (PG) **2.00** Shopping. **4.00** Escape With ET. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** All 4 Adventure. (PG) **9.00** Robson's Extreme Fishing Challenge. (PG) **10.00** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Vegas. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** 48 Hours. (M) **10.30** Rosewood. (M) **11.30** Motor Racing. Formula 1. Race 16. Malaysian Grand Prix. Replay. From Sepang International Circuit, Kuala Lumpur, Malaysia. **2.00** Diagnosis Murder. (PG) **3.00** Hogan's Heroes. **4.00** Jake And The Fatman. (PG) **5.00** Vegas. (M)

## ABC

**6.00** ABC News Breakfast. **9.00** ABC News Mornings. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.00** Back Roads. (PG) **11.30** Eggheads. **12.00** News At Noon. **1.00** Pointless. **1.45** The Musketeers. (M) **2.45** Auction Room. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** One Plus One. **6.10** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** Catalyst. (PG) **8.30** Matilda And Me. (PG) **9.30** Foreign Correspondent. Final. **10.00** The Agony Of... (M) **10.30** Lateline. **11.00** The Business. **11.20** Q&A. **12.25** Joy Division. (MA15+) **2.00** Rage. (MA15+) **4.00** The Musketeers. (M) **5.00** Eggheads. **5.30** The Bill. (PG)

## ABC2

**6.00** Children's Programs. **4.10** Wiggle. **4.20** Tree Fu Tom. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** The Checkout. **8.30** Good Game. (M) **9.00** The Checkout: Factory Seconds. (PG) **9.30** Hard Time. (M) **10.25** Shaun Micallef's MAD AS HELL. (PG) **10.55** Jimmy Fallon. (PG) **11.35** Ross Kemp: Extreme World. **12.40** River Monsters. (PG) **1.30** Jimmy Fallon. (M) **2.10** News Update. **2.15** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

## SBS

**6.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Lost Songs Of St Kilda. **2.30** Good Listening. **3.00** Portrait Of A City. **3.30** Poh & Co. Bitesize. **3.35** What's Wrong With Our Weather? **4.35** National Parks. **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: London. **6.30** SBS World News. **7.30** Who Do You Think You Are? **8.30** Insight. **9.30** Dateline. **10.00** SBS News. **10.30** Italy 1992. (MA15+) **11.30** Italy 1992. (M) **12.35** Movie: Life, Above All. (M) (2010) **2.30** 24 Hours In Police Custody. (M) **3.25** One Born Every Minute. (M) **4.20** Food Lovers' Guide To Australia. **4.55** Destination Flavour Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** The Feed. **4.30** The Raft. (PG) Final. **5.25** 365: Every Day Documentaries. **5.30** Daria. **6.00** If You Are The One. **7.00** Gadget Man. **7.30** The Feed. **8.00** Full Frontal With Samantha Bee. (M) **8.30** Tiger Takes On... (PG) **9.35** Raised By Wolves. (M) **10.05** Raised By Wolves. (M) **10.30** Escort Men. **11.30** The Feed. **12.00** Nick Helm's Heavy Entertainment. (M) **12.35** Dig. (MA15+) **1.25** Dig. (M) **2.15** @ midnight. (M) **2.45** @midnight. (M) **3.15** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.00pm Man On Fire** (2004) Action. Denzel Washington, Radha Mitchell. (MA15+) Action  
**8.30pm Shine** (1996) Biographical. Geoffrey Rush, Sonia Todd. (M) Masterpiece  
**10.20pm Big Fish** (2003) Drama. Ewan McGregor, Albert Finney. (PG) Masterpiece  
**GENERAL**  
**7.30pm The Blacklist.** (M) FX  
**8.30pm Homeland.** (MA15+) FX  
**9.35pm TURN: Washington's Spies.** (MA15+) Showcase  
**DOCUMENTARY**  
**7.30pm The Murder Maps London.** (PG) History  
**8.30pm Heston's Mission Impossible.** Lifestyle Food  
**9.30pm Jo Frost: Nanny On Tour.** Lifestyle You  
**SPORT**  
**11.15am Gridiron.** NFL. Week 4. Minnesota v New York Giants. ESPN  
**5.00pm Surfing.** World League. Round 9. Quicksilver Pro France. Day 1. Fox Sports 1  
**11.00pm Cycling.** UCI Europe Tour. Binche-Chimay-Binche. Eurosport

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0410

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## NINE

**6.00** Today. **9.00** Today Extra. (PG)  
**11.30** Morning News. **12.00** The  
 Ellen DeGeneres Show. (PG) **1.00**  
 Extra. **1.30** Hot In Cleveland. (PG)  
**2.00** The Block. (PG) **3.00** News  
 Now. **4.00** Afternoon News. **5.30**  
 Millionaire Hot Seat. **6.00** Nine  
 News. **7.00** A Current Affair. **7.30**  
 The Block. (PG) The teams are  
 challenged by Scott and Shelley to  
 design a table for their terraces.  
**8.40** Doctor Doctor. (M) **9.40**  
 Amazing Medical Stories. (M)  
**10.40** Embarrassing Bodies. (M)  
**11.40** Stalker. (M) **12.30** Anger  
 Management. (M) **1.00** Extra. **1.30**  
 Danoz Direct. **2.30** Global Shop.  
**3.00** Skippy The Bush Kangaroo.  
**3.30** Good Morning America. **5.00**  
 News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **2.00**  
 SpongeBob. **2.30** Yu-Gi-Oh! (PG)  
**3.00** Rabbids Invasion. (PG) **3.30**  
 Yo-Kai. (PG) **4.00** Kids' WB. (PG)  
**4.05** Looney Tunes. **4.30** Batman.  
 (PG) **5.00** Ben 10. (PG) **5.30** Teen  
 Titans Go! (PG) **6.00** Regular  
 Show. (PG) **6.30** Adv Time. **7.00**  
 The Middle. (PG) **7.30** Auction  
 Hunters. (PG) **8.30** Airplane Repo.  
 (PG) New. **9.30** Baggage Battles.  
 (PG) **10.30** Storage Hunters. (PG)  
**11.30** Toy Hunter. **12.00** American  
 Digger. (PG) **12.30** Adv Time.  
**1.00** Regular Show. (PG) **1.30** Ben  
 10. (PG) **2.00** Rabbids Invasion.  
 (PG) **2.30** Kate And Mim-Mim.  
 (PG) **3.00** Little Charmers. **3.30** Yu-Gi-  
 Oh! (PG) **4.00** Power Rangers.  
 (PG) **4.30** Batman. (PG) **4.50**  
 Thunderbirds. **5.30** Yu-Gi-Oh!  
 (PG) Return.

## SEVEN

**6.00** Sunrise. **9.00** The Morning  
 Show. (PG) **11.30** News. **12.00**  
 Movie: Non-Stop. (M) (2013) **2.00**  
 The Daily Edition. **3.00** The Chase.  
**4.00** News. **5.00** The Chase  
 Australia. **6.00** News. **7.00** Home  
 And Away. (PG) **7.30** The X Factor.  
 (PG) Hosted by Jason Dundas.  
**8.45** Ramsay's Hotel Hell. (M)  
 Return. Presenter Gordon Ramsay  
 heads to Beachfront Inn and  
 Inlet Grill at Fort Pierce in Florida.  
**9.45** Blindspot. (M) Return. After  
 escaping from CIA custody,  
 the team recaptures Jane and  
 convinces her to become a triple-  
 agent. **10.45** Blindspot. (M) **11.40**  
 Hannibal. (MA15+) **12.40** Happy  
 Endings. (PG) **1.05** Happy Endings.  
 (PG) **1.30** Happy Endings. (PG)  
**2.00** Shopping. **4.00** NBC Today.  
**5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** Match It.  
**7.30** Battersnikes And Gumbles.  
 Return. **8.00** Toybox. **8.30** Harry's  
 Practice. **9.00** Home And Away:  
 The Early Years. (PG) **9.30** NBC  
 Today. **12.00** Border Patrol. (PG)  
**1.00** Lovejoy. (PG) **2.00** The Great  
 Outdoors. **3.00** House Doctor  
 (Design For Living) **4.00** Medical  
 Emergency. (PG) **4.30** 60 Minute  
 Makeover. (PG) **6.30** Bargain  
 Hunt. **7.30** Doc Martin. (PG)  
 Martin is blamed for a woman's  
 death. **8.30** Lewis. (M) After a  
 housewife is found hanged, it  
 appears to be a case of suicide.  
**10.30** Waking The Dead. (M) A  
 peace activist is murdered. **11.45**  
 Bargain Hunt. **12.45** Lovejoy.  
 (PG) **2.00** Shopping. **4.00** House  
 Doctor (Design For Living) **5.00**  
 Hawkins River.

## TEN

**6.00** Ent. Tonight. **6.30** The Home  
 Team. **7.00** Ben's Menu. **7.30** Bold.  
 (PG) **8.00** Family Feud. **8.30** Studio  
 10. (PG) **11.00** The Talk. **12.00**  
 Dr Phil. (PG) **1.00** To Be Advised.  
**2.30** GCBC. **3.00** Judge Judy. (PG)  
**3.30** My Market Kitchen. **4.00**  
 Ben's Menu. **4.30** Bold. (PG) **5.00**  
 News. **6.00** Family Feud. **6.30** The  
 Project. **7.30** The Bachelorette  
 Australia. **8.30** The Wrong Girl.  
 (M) The two men in Lily's life are  
 caught up in relationships with  
 other women. **9.30** NCIS: LA. (M)  
 As Granger escorts Jennifer Kim  
 to Los Angeles, he interrogates  
 her regarding a North Korean  
 spy. **10.30** Hawaii Five-0. **11.30**  
 The Project. **12.30** The Late Show  
 With Stephen Colbert. (PG) **1.30**  
 Shopping. **4.00** Escape With ET.  
**4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00**  
 International Fishing Series. **8.30**  
 Reel Action. **9.00** Monster Jam.  
**10.00** M\*A\*S\*H. (PG) **11.00**  
 Hogan's Heroes. **12.00** Get Smart.  
 (PG) **1.00** Matlock. (M) **2.00**  
 Nash Bridges. (M) **3.00** Jake And  
 The Fatman. (PG) **4.00** Diagnosis  
 Murder. (PG) **5.00** Star Trek. (PG)  
**6.00** Family Feud. **6.30** M\*A\*S\*H.  
 (PG) **7.30** Attenborough's Tiger:  
 Spy In The Jungle. (PG) **8.30**  
 Megafactories. **9.30** Shark Tank.  
 (PG) **10.30** 24: Live Another  
 Day. (M) **11.30** Sons Of Anarchy.  
 (MA15+) **12.45** Home Shopping.  
**2.15** Diagnosis Murder. (PG) **3.10**  
 Hogan's Heroes. **4.10** Jake And  
 The Fatman. (PG) **5.05** Vegas. (M)

## ABC

**6.00** News. **9.00** News Mornings.  
**10.00** Q&A. **11.30** Eggheads.  
**12.00** News. **12.30** Press Club.  
**1.30** Pointless. **2.15** The Book  
 Club. (PG) **2.45** Auction Room.  
**3.15** The Cook And The Chef.  
**3.45** The Bill. (PG) **4.10** Murder,  
 She Wrote. (PG) **5.00** News. **5.30**  
 The Drum. **6.00** One Plus One.  
**6.10** Pointless. **7.00** ABC News.  
**7.30** 7.30. **8.00** Anh's Brush With  
 Fame. (PG) **8.30** Gruen. (M) Final.  
**9.10** You Can't Ask That. (M)  
 Final. **9.40** QI. (PG) **10.10** Would  
 I Lie To You? (PG) **10.40** Lateline.  
**11.10** The Business. **11.30** Four  
 Corners. **12.15** Media Watch. (PG)  
**12.30** The Weekly. (M) **1.05** QI.  
 (PG) **1.35** Would I Lie To You? (PG)  
**2.05** Rage. (MA15+) **4.05** The  
 Musketeers. (M) **5.00** Eggheads.  
**5.30** The Bill. (PG)

## ABC2

**6.00** Children's Programs. **5.25**  
 Peg + Cat. **5.40** Peppa Pig. **5.50**  
 Fireman Sam. **6.00** Hey Duggee.  
**6.10** Octonauts. **6.20** Peter  
 Rabbit. **6.35** Charlie And Lola.  
**6.50** Shaun The Sheep. **7.00**  
 Spicks And Specks. (PG) **7.30**  
 River Monsters. (PG) **8.20** Gruen  
 Rewind. (PG) **8.30** Married Behind  
 Bars. (M) **9.20** Airbn: Dream Or  
 Nightmare? (PG) **10.05** Shaun  
 Micallef's MAD AS HELL. (PG)  
**10.35** Jimmy Fallon. (PG) **11.15**  
 Swamp Brothers. (PG) **11.40**  
 Swamp Brothers. (PG) **12.05**  
 Swamp Brothers. (PG) **12.25** River  
 Monsters. (PG) **1.20** Jimmy Fallon.  
 (PG) **2.00** News Update. **2.05**  
 Close. **5.00** Ella The Elephant.  
**5.10** Boj. **5.20** Mouk. **5.35**  
 Angelina Ballerina: The Next Steps.  
**5.45** Abney & Teal.

## SBS

**6.00** WorldWatch. **9.30** Greek  
 News From Cyprus. **10.30** German  
 News. **11.00** Spanish News. **12.00**  
 Arabic News. **12.30** Turkish News.  
**1.00** PBS News. **2.00** Brits Who  
 Built The Modern World. (PG)  
**3.00** Dateline. **3.30** Insight. **4.30**  
 Wild Arabia. **5.30** Letters And  
 Numbers. **6.00** Rachel Khoo's  
 Kitchen Notebook: London. **6.30**  
 SBS World News. **7.30** Great  
 American Railroad Journeys. (PG)  
**8.30** Miniseries: Deep Water.  
**9.35** 24 Hours In Emergency. (M)  
**10.30** SBS News. **11.00** The Five.  
 (M) **11.55** Movie: Bethlehem.  
 (M) (2013) **1.45** Movie: Mother.  
 (MA15+) (2009) **4.20** Food  
 Lovers' Guide To Australia. **4.55**  
 Destination Flavour Bitesize. **5.00**  
 CCTV English News. **5.30** NHK  
 World English News.

## SBS2

**6.00** WorldWatch. **9.40** Serbian  
 News. **10.20** Portuguese News.  
**11.00** Japanese News. **11.35**  
 Punjabi News. **12.05** Hindi News.  
**12.30** Dutch News. **1.00** Urdu  
 News. **1.30** Tamil News. **2.00** Thai  
 News. **2.30** Sri Lankan Sinhalese  
 News. **3.00** Bangla News. **3.30**  
 African News. **4.00** The Feed. **4.30**  
 Survive Aotearoa. (PG) **5.30** 365:  
 Every Day Documentaries. **5.35**  
 Daria. **6.00** If You Are The One.  
**7.00** Gadget Man. (PG) **7.30** The  
 Feed. **8.00** The Green Room With  
 Paul Provenza. (M) **8.35** Movie:  
 Event Horizon. (MA15+) (1997)  
**10.25** Movie: Sunshine. (MA15+)  
 (2007) **12.25** The Feed. **12.55**  
 UnREAL. (M) **1.40** UnREAL. (M)  
**2.30** Uncle. (M) **3.05** Uncle. (M)  
**3.45** Deutsche Welle. **5.00** Korean  
 News. **5.30** Indonesian News.



## MOVIES

**6.10pm Corpse  
 Bride** (2005)  
 Animation. Johnny  
 Depp, Helena  
 Bonham Carter. (PG)  
*Family*  
**8.30pm Horrible  
 Bosses 2** (2014)  
 Comedy. Jason  
 Bateman, Jason  
 Sudeikis. (MA15+)  
*Comedy*  
**9.05pm Ice Age**  
 (2002) Animation.  
 Ray Romano, John  
 Leguizamo. (G)  
*Family*

## GENERAL

**7.30pm The Flash.**  
 (M) FOX8  
**8.30pm Devious  
 Maids.** (M) Universal  
 Channel  
**8.30pm The Strain.**  
 (MA15+) FOX8  
**DOCUMENTARY**  
**7.30pm Gogglebox  
 Australia.** (MA15+)  
*Lifestyle*  
**7.30pm Deadliest  
 Catch.** (PG) *Discovery*  
**8.30pm The Body  
 Detective.** (M) *Crime  
 & Investigation*  
**SPORT**  
**11.00am Baseball.**  
 Major League.  
 American League  
 Wild Card Game.  
 ESPN  
**1.30pm Basketball.**  
 NBA Pre-season.  
 ESPN2  
**11.00pm Cricket.**  
 One-day International  
 Series. South Africa  
 v Australia. Game 3.  
 Fox Sports 3

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0510

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- more trips and longer operating hours on some services.

Have questions about your new network or want to find out more? Come along to one of our information sessions in September/October (see website for session locations and times).

Visit [translink.com.au](http://translink.com.au) or call 13 12 30

Authorised by the Queensland Government, George Street, Brisbane.



## NINE

**6.00** Today. **9.00** Today Extra. (PG)  
**11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Hot In Cleveland. (PG)  
**2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Better Late Than Never. (PG) **9.40** Survivor: Millennials Vs Gen X. (PG) **10.40** Survivor: Millennials Vs Gen X. (PG) **11.40** Ground Floor. (M)  
**12.05** The Mysteries Of Laura. (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.00** Danzo Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **1.30** Kate And Mim-Mim. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG)  
**3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG)  
**4.05** Looney Tunes. **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. **7.00** The Middle. (PG) **7.30** RBT. (PG)  
**8.30** Movie: Argo. (M) (2012)  
**11.00** Two And A Half Men. (PG)  
**11.30** Sullivan & Son. (M) **12.00** American Digger. (PG) **12.30** Adv Time. **1.00** Regular Show. (PG)  
**1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Someone Is Watching. (M) (2000) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Billie begs Nate to keep her secret. Caroline's medication gets the better of her. **8.00** Puppies Make You Laugh Out Loud. (PG) A compilation of hilarious and outrageous puppy-themed videos from various sources. **9.00** Movie: Angels & Demons. (M) (2009) Tom Hanks, Ewan McGregor, Ayelet Zurer. A professor tries to find four kidnapped cardinals. **12.00** Revenge. (M) **1.00** Revenge. (M) Emily locks in her next target. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** Match It. **7.30** Battersnikes And Gumbles. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Doc Martin. (PG) **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** Property Ladder. (PG) **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Father Brown. (M) A man is found dead in a conservatory. **8.30** Murdoch Mysteries. (M) Murdoch investigates a shooting. **10.30** Some Mothers Do 'Ave 'Em. (PG) **11.00** One Foot In The Grave. (PG) **11.45** Bargain Hunt. **12.45** Psychic TV. (M) **3.45** Some Mothers Do 'Ave 'Em. (PG) **4.15** One Foot In The Grave. (PG) **5.00** Harry's Practice. **5.30** Shopping.

## TEN

**6.00** Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** GCB. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Bachelorette Australia. **8.30** Gogglebox. Opinionated viewers discuss TV shows. **9.30** Law & Order: SVU. (M) The detectives investigate the alleged sexual assault of a young woman on a university campus. **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** Escape With ET. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** Motor Racing. Formula 1. Race 16. Malaysian Grand Prix. Replay. From Sepang International Circuit, Kuala Lumpur, Malaysia. **10.30** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** Caught On Camera: Heroes And Villains. (M) **8.30** Megastructures. **9.30** Cops: Adults Only. (PG) **10.30** Clubland. (M) Final. **11.00** Undercover Boss. (M) **12.00** Home Shopping. **2.00** Cops: Adults Only. (PG) **3.00** Bellator MMA. (M) **5.00** Vegas. (M)

## ABC

**6.00** Morning Programs. **11.30** Eggheads. **12.00** News. **1.00** Pointless. **1.45** The Musketeers. (M) **2.45** Auction Room. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** One Plus One. **6.10** Pointless. **6.55** Clarke And Dawe. **7.00** News. **7.30** 7.30. **8.00** Silvia's Italian Table. (PG) New. **8.30** The Code. (M) Final. **9.30** The Tunnel: Sabotage. (MA15+) **10.20** Lateline. **10.50** The Business. **11.05** Keeping Australia Alive. (PG) **12.05** The Agony Of Life. (M) **12.35** Outside Chance. (PG) **1.05** Croker Island Exodus. **2.05** Press Club. **3.15** The Tunnel: Sabotage. (MA15+) **4.05** The Musketeers. (M) **5.00** Eggheads. **5.30** The Bill. (PG)

## ABC2

**6.00** Children's Programs. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** The Checkout. **8.30** Gruen XL. (M) Final. **9.15** Catastrophe. (M) **9.50** Episodes. (M) **10.20** Shaun Micallef's MAD AS HELL. (PG) **10.50** Jimmy Fallon. (PG) Final. **11.30** Swamp Brothers. (PG) **11.55** Swamp Brothers. (PG) **12.40** River Monsters. (PG) **1.30** Jimmy Fallon. (PG) Final. **2.10** News Update. **2.15** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

## SBS

**6.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Contact. (PG) **2.30** Big Art. **3.00** Tales From The Bush Larder. **3.25** Italian Americans. (PG) **4.25** British Gardens In Time. **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: London. **6.30** SBS World News. **7.30** Michael Mosley: Eat, Fast, And Live Longer. **8.30** Miniseries: Deep Water. **9.35** Death Row. (MA15+) **10.35** SBS News. **11.05** The Erotic Adventures Of Anais Nin. (MA15+) **12.25** Movie: At The End Of Daybreak. (M) (2009) **2.10** The Restaurant Man. (PG) **3.20** Who Do You Think You Are? (PG) **4.25** Food Lovers' Guide To Australia. **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** The Feed. **4.30** Survive Aotearoa. **5.25** 365: Every Day Documentaries. **5.30** Daria. **6.00** If You Are The One. **7.00** Gadget Man. **7.30** The Feed. **8.00** Billy On The Street. (M) **8.30** Billy On The Street. (M) **9.00** South Park. **9.25** United Shades Of America. (PG) **10.10** Satudarah: One Blood. (M) **11.55** The Feed. **12.25** League Nation Live. **2.00** Big Trouble In Thailand. (M) **2.50** Close Up Kings. **3.45** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.55pm Napoleon Dynamite** (2004) Comedy. Jon Heder, Jon Gries. (PG)

**8.30pm Inglourious Basterds** (2009) Action. Brad Pitt, Christoph Waltz. (MA15+) *Masterpiece*

**10.45pm Sicario** (2015) Action. Emily Blunt, Josh Brolin. (MA15+) *Premiere*

**GENERAL**  
**7.30pm Arrow**. (M) FOX8

**8.30pm Marriage Boot Camp: Reality Stars**. (M) Arena

**8.30pm Fargo**. (MA15+) FX

**DOCUMENTARY**  
**7.30pm Wicked Tuna North Vs South**. (M) National Geographic

**7.30pm Forbidden History**. (PG) History

**8.30pm Grand Designs**. Lifestyle

**SPORT**  
**6.00am Cricket**. One-day International Series. South Africa v Australia. Game 3. Fox Sports 3

**7.00pm Golf**. Asian PGA Tour. Indonesian Masters.

First round. Fox Sports 4

**7.30pm Basketball**. NBL. Round 1. Brisbane Bullets v Perth Wildcats.

Fox Sports 3

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

Our gracious Guest Speaker, Ann Farmilo, generated quite a bit of motivation amongst our 55 Members and visitors. It was lovely to hear about her involvement in basketball at a National level and how she melded her experience with her players to build a team with entrepreneurial skills involving attitude, dedication and loyalty. An amazing morning tea was put on by some of our Members and a great morning was enjoyed by all. Thank you Ann for sharing with us.

As the year moves forward nominations for our Executive Committee members open on the 4th October and close at noon on the 25th October at our Birthday Lunch. The rest of our year has been planned including singing at the Inverpine Residential Village, one of our community contributions, and our Xmas Lunch has been set down for the 13th December, our last meeting of the year.

Tuesday 4th October 09:45 MONTHLY GENERAL MEETING. Firstly general business and a catch up on absent friends then on to our up and coming agenda. We like to involve all members in these meetings so do come along.

Tuesday 11th October 09:45 FASHION PARADE presented by Fashions On The Go. The collection that comes on the day will reflect the customers' needs and is constantly changed throughout the season. You will be pleasantly surprised by the unique collection of "easy wear - easy care" fashions, undergarments, sleepwear and accessories, and better still the prices represent "value for money."

Tuesday 18th October 09:45 CRAFT DAY. There will be various workshops, you can learn how to make your own Xmas cards, Gift Tags or Christmas Houses and more. This is always a fun event with a high level of interest.

Our meetings are open to all women in North Lakes/Mango Hill - Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.

## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Extra. **1.30** Hot In Cleveland. (PG) **2.00** The Block. (PG) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Ready For Takeoff. (PG) Return. **8.30** Movie: The Judge. (M) (2014) Robert Downey Jr, Robert Duvall, Vera Farmiga. A lawyer who left his family for the big city returns to his hometown when his father is accused of murder. **11.25** Movie: Stolen. (M) (2012) Nicolas Cage, Malin Akerman, Josh Lucas. A former thief searches for his missing daughter, who has been kidnapped and locked in the trunk of a taxi. **1.20** Nine Presents. **1.30** TV Shop. **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** GMA.

## GO!

**6.00** Children's Programs. **11.00** Yu-Gi-Oh! (PG) **11.30** Yu-Gi-Oh! (PG) **12.00** Little Charmers. **12.30** Ben 10. (PG) **1.00** LEGO Friends. **1.30** Kate And Mim-Mim. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. **7.00** Movie: Escape From Planet Earth. (PG) (2013) **8.40** Movie: The Hobbit: The Desolation Of Smaug. (M) (2013) **12.10** Forever. (M) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Fall Into Darkness. (M) (1996) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Joh, Jason and Adam team up to show how to holiday at home, in style. **8.30** Martin Clunes: Islands Of Australia. (PG) Part 1 of 3. English actor Martin Clunes sets out on a quest to explore the many islands which make up Australia. **9.30** Selling Houses Australia. A disco-inspired country estate is up for sale. **10.40** To Be Advised. **11.40** To Be Advised. **12.40** The Neighbors. (PG) **1.05** The Neighbors. (PG) **1.30** The Neighbors. (PG) **2.00** Shopping. **4.00** Dr Oz. (PG) **5.00** NBC Today.

## 7TWO

**6.00** Shopping. **7.00** Match It. **7.30** Battersnikes And Gumbles. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Better Homes. **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** Property Ladder UK Revisited. (PG) **4.00** Best Houses Australia. **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Mr Selfridge. (PG) Gordon sparks press speculation about Harry's age. **8.30** Movie: Sleepless In Seattle. (PG) (1993) Tom Hanks, Meg Ryan. A boy tries to find a girlfriend for his dad. **10.40** For The Love Of Dogs. (PG) **11.10** SCU. (PG) **11.40** Bargain Hunt. **1.00** Psychic TV. (M) **4.00** Property Ladder UK Revisited. **5.00** Harry's Practice. **5.30** Shopping.

## TEN

**6.00** Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** Motor Racing. Supercars Championship. Bathurst 1000. Qualifying. **4.00** iFISH. **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. Dr Chris swims with grey nurse sharks. **8.30** The Graham Norton Show. Return. Graham Norton chats with celebrity guests Justin Timberlake, Anna Kendrick, Daniel Radcliffe and Robbie Williams. **9.30** Have You Been Paying Attention? (M) Celebrity guests competing to see who can remember the most about events of the week. **10.30** To Be Advised. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping.

## ONE

**6.00** Home Shopping. **8.00** All 4 Adventure. (PG) **9.00** Operation Repo. (PG) **9.30** Fishing Edge. **10.00** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **9.30** Movie: True Justice: Vengeance Is Mine. (M) (2012) Steven Seagal, Sarah Lind, Lochlyn Munro. **11.30** Get Smart. (PG) **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** MacGyver. (PG) **5.00** Vegas. (M)

## ABC

**6.00** ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.00** Devil Island. (PG) **11.30** Eggheads. **12.00** News At Noon. **1.00** Pointless. **1.45** The Musketeers. (M) **2.45** Silvia's Italian Table. (PG) **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** One Plus One. (PG) **6.10** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** QI. (M) **8.30** Miniseries: Code Of A Killer. (M) **9.20** DCI Banks. (M) **10.10** Birds Of A Feather. (PG) **10.30** Lateline. **11.00** The Business. **11.20** Adam Hills: The Last Leg. (MA15+) **12.00** Rage. (MA15+) **5.00** Rage. (PG)

## ABC2

**6.00** Children's Programs. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (PG) **8.20** #Shelfie With Dan Hong. **8.30** The Midwives. (M) **9.30** The Fried Chicken Shop. (M) **10.20** Shaun Micallef's MAD AS HELL. (PG) **10.50** AirbnB: Dream Or Nightmare? (PG) **11.40** TFI Friday. (M) **12.25** River Monsters. (PG) **1.15** Married Behind Bars. (M) **2.05** News Update. **2.10** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

## SBS

**6.00** WorldWatch. **12.30** Turkish News. **1.00** PBS News. **2.00** Colour Theory. **2.30** Colour Theory. **3.00** The Point Review. **3.30** Heston's In Search Of Perfection. **4.00** Heston's In Search Of Perfection. **4.30** Who Do You Think You Are? (PG) **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: London. Final. **6.30** SBS World News. **7.35** The Private Lives Of The Tudors. (PG) **8.30** Movie: Philomena. (2013) **10.20** SBS News. **10.55** Movie: Dom Hemingway. (MA15+) (2013) **12.35** The Bridge. (M) **1.45** The Bridge. (M) **2.55** The Bridge. (MA15+) **4.00** Food Lovers' Guide To Australia. **4.35** So Very Cute. (M) **4.50** Swim. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** The Feed. **4.30** Survive Aotearoa. (PG) **5.30** If You Are The One. **6.30** Soccer. A-League. Round 1. Brisbane Roar v Melbourne Victory. **9.15** 365: Every Day Documentaries. **9.20** Adam Ruins Everything. (PG) **9.45** Gadget Man. **10.15** MythBusters. (PG) **11.15** MythBusters. (PG) **12.15** Movie: Thirteen Assassins. (AV15+) (2010) **2.30** PopAsia. (PG) **3.35** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.25pm Mad Max: Fury Road** (2015) Action. Tom Hardy, Charlize Theron. (MA15+) **Premiere** **7.30pm Minions** (2015) Animation. Sandra Bullock, Jon Hamm. (PG) **Family** **10.25pm Ghostbusters** (1984) Comedy. Bill Murray, Dan Aykroyd. (PG) **Comedy**

## GENERAL

**8.30pm Law & Order: SVU.** (MA15+) **Universal Channel** **8.30pm Chappelle's Show.** (MA15+) **Comedy Channel** **8.30pm Sleepy Hollow.** (MA15+) **FOX8**

## DOCUMENTARY

**7.30pm Original Sin: Sex.** (M) **National Geographic** **8.30pm I Am Rebel.** (M) **National Geographic** **9.30pm Through The Wormhole With Morgan Freeman.** (PG) **Discovery Science**

## SPORT

**6.00am Soccer.** 2018 FIFA World Cup UEFA Qualification. Italy v Spain. **ESPN** **5.30pm Basketball.** NBL. Round 1. New Zealand Breakers v Melbourne United. **Fox Sports 3**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0710

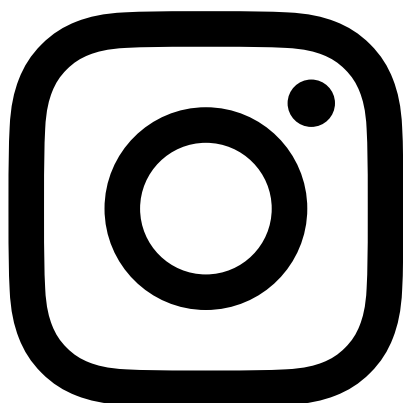
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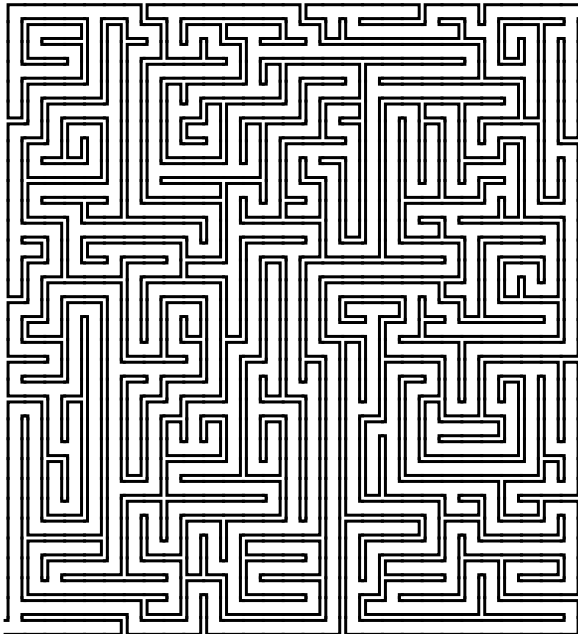
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# Sudoku

8	1							
			3		7			
	5	3		4				
3				5			6	
		2	9	7	1	4		
	7			6				8
				9		8	4	
			4		2			
							5	1

## Amazing Mazes



Crossword Solution from last issue

P	A	R	A	D	E		B	I	C	Y	C	L	E
I		E		E		I	Y		A		O		J
E	Y	E	S	H	A	D	O	W		S	I	N	C
B		V		Y		E	O		T		C		C
A	M	E	N	D		A	G	R	E	E	M	E	N
L				R		L		D			I		S
D	E	E	J	A	Y	S		S	A	F	E	T	Y
		L		T				A			E		
	B	E	R	E	F	T		D	E	C	I	D	E
A		M				H		I		S			E
B	R	E	A	K	D	O	W	N		I	C	I	N
J		N		N		U		N		M		N	R
E	X	T	R	A			G	R	E	V	I	L	L
C		A		V		H		R			L		E
T	A	L	L	E	S	T			C	E	N	T	R

# Crossword 6451

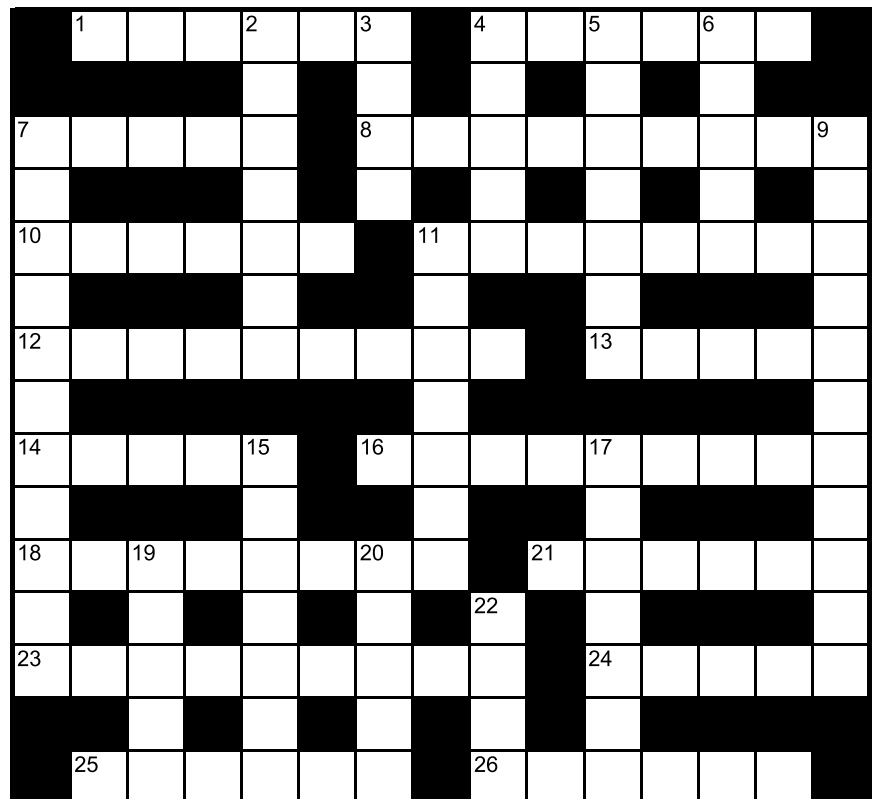
102% mistake free, by Laurie Stibbe

## ACROSS

- 1 Partictpating
- 4 Strongly opposed to
- 7 At a higher position than
- 8 Cabaret
- 10 Sizeable hole in the ground
- 11 Cantata
- 12 British wartime bomber
- 13 Violent weather condition
- 14 Helicopter blade
- 16 Life scientist
- 18 Television transmission
- 21 Relating to atoms
- 23 Predatory
- 24 Iniquities
- 25 Tired
- 26 Cut or eliminate

## DOWN

- 2 Tendency to remain inert
- 3 Sea eagle
- 4 Wrath
- 5 All of your assets
- 6 Pertaining to the sun
- 7 Car's speed control pedal
- 9 Witches' mode of transport
- 11 Type of coal mine
- 15 Save to use again
- 17 Breakfast cereal
- 19 Part of a coat collar
- 20 Chronicle
- 22 Second-hand



## COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

[www.northlakesmessenger.com.au](http://www.northlakesmessenger.com.au)

The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: [community@northlakesmessenger.com.au](mailto:community@northlakesmessenger.com.au)

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise

# Real Estate



## New retailer brings more competition to SEQ electricity market

We now have another opportunity to shop around for a better electricity deal thanks to the entry of a new electricity retailer since the deregulation of the electricity market.

Energy Minister Mark Bailey told Parliament recently the entry of innovative retailer Mojo Power will provide South East Queenslanders with an even wider range of new electricity products.

"Mojo Power's arrival is an early sign that deregulation of retail prices is driving better outcomes for consumers," Mr Bailey said.

"Mojo brings to South-East Queensland a completely different business model than we have seen before, offering customers discounted prices under a subscription-based service."

Mojo CEO and Co-Founder James Myatt believes their offer is a real game changer for Queensland consumers.

"We have already had thousands of enquiries from Queenslanders wanting to sign up to Mojo," Mr Myatt said.

"We are a retailer absolutely aligned to the consumer's desire to pay less for electricity."

Mojo's website promises wholesale rates for consumers, stating:

"For the most part, energy companies take their energy costs and add a retail markup to

set their price. For example, if it costs them 18 cents per kWh in usage charges, they might charge you 25 cents per kWh. This means the more energy you use, the more money they make."

"This ancient way of thinking needs a refresh, which is where we come in. Mojo customers pay a flat subscription fee - our EnergyPass™ - to access our wholesale rates, our expected costs of delivering energy to you. This way we don't profit based on how much energy you use and can work with you to use less."

This is the second new provider to enter the small business market since deregulation.

Deregulation of South East Queensland's retail electricity market became effective on 1 July 2016 following the recommendation of the Queensland Productivity Commission.

Mr Bailey said studies have indicated that electricity bill savings in a deregulation market could be up to \$400 per year/bill, depending on individual circumstances.

South-East Queensland electricity consumers can shop around for a better deal by visiting the EnergyMadeEasy independent price comparator at [www.energymadeeasy.gov.au](http://www.energymadeeasy.gov.au)

- \$ Auctioneers are paid professional negotiators.
- \$ Agents trust them to squeeze that extra bit for the Client.
- \$ Most Sellers want top market Dollar for their property.
- \$ Auctioneers are trusted to fight for every last cent.
- \$ As your preferred Agent, you gain a Strategist and Negotiator too!
- \$ Auctioneers are constantly negotiating to make sure the deals done!

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signboards too. Let's talk...



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You gained genuine offers prior to the auction, but held firm to encourage the buyers to come & bid on auction day.

*Alison Dann*

We were fortunate enough to have Colin navigate and take control of the whole process from beginning to end.

*Anne Sheridan*

I highly recommend Colin as an agent. Having bought and sold several properties in the past, I was very impressed with Colin's personal approach and the level of service and support he applies to his real estate duties.

*Carmel*

*Constantly negotiating ...*

## Dealsdone

When you're ready... @realty



## For Sale



**North Lakes 6 Morwell Crescent**

4 2 2

### Great Family Home on 721sqm Block!

The family truly has room to spread out here on this corner block with double side gates with room for a caravan or boat! The home boasts: \* Very large East facing patio with blinds \* Formal & informal living areas \* The kitchen features 2pac cupboards, island bench & dishwasher \* Master bedroom has WIR & Ens with a bidet \* Other 3 bedrooms have BI \* 3x4m Garden shed \* 5000L water tank \* Established fruit trees \* Plenty of room for a pool or for the pets & kids to run

**For Sale**

**\$479,000**

**Open Home**

Please call for your private inspection

**Judi Brown**

**M 0413 285 390**



## For Sale



**Burpengary 34 Chestnut Drive**

5 3 14

### Unbelievably Unique

A sense of arrival that spells anticipation, together with architectural flair. In the simplest of terms - breathtaking, spellbinding, unique. With 3/4 acre, 280m2 of sheds, 5 tonne off set hoist & mezzanine floor. You will enjoy resort style living, sparkling in-ground heated pool, spa, barbeque & entertainment area. This architecturally designed home includes family room, rumpus room, separate office, separate lounge room and dining room, room for truck, caravan and undercover room for 14 cars.

**For Sale**

**\$980,000**

**Open Home**

Please call for your private inspection

**Rod Sheather**

**M 0412 745 784**





## For Sale



Petrie 22 Cania Crescent

4 2 1

### Stylish Home 3km from future University

- Master bedroom with built in robe, ensuite, fan & air conditioning
- Three remaining bedrooms with fans
- Formal lounge room with fan and air conditioning
- Open plan dining and living room plus Renovated kitchen
- Paved patio area and 730m2 block
- Single lock up garage with extra car spaces to the side of the garage
- Potential rental return of \$410/week

**For Sale**

**\$419,000**

Open Home

Saturday 1 October 11:45 - 12:15pm

Michelle Wheeler

M 0438 197 812



## Just Sold



North Lakes 4 Backhousia Court

4 2 2

**Sold for \$545,000**

**Listed at \$549,000**

## Call Me

Michelle Wheeler

M 0438 197 812





Just Sold



28 Elkington Circuit, North Lakes



20 Wakeham Street, Kallangur



57 Astley Parade, North Lakes



46 Grebe Circuit, North Lakes



31 Heathcote Avenue, North Lakes



134/11 West Dianne Street, Lawnton



42 Male Road, Caboolture



37 Hinton Crescent, Mango Hill



41 Heathcote Avenue, North Lakes

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Harcourts North Lakes





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how to get yours SOLD too!



**Alex & Renata Silva**

**0415 584 349**

[alex.silva@raywhite.com](mailto:alex.silva@raywhite.com)

**SOLD!**



North Lakes 37 Forrestal Circuit 3 2 2

**SOLD by  
Alex & Renata!**

Thinking of Selling?

Alex & Renata Silva

0415 584 349

Ray White North Lakes | Mango Hill



North Lakes 18 Gilbert Street 3 2 2

**SOLD by  
Alex & Renata!**

Thinking of Selling?

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Ray White North Lakes | Mango Hill



Mango Hill 1845 Anzac Avenue 3 2 4

**SOLD by  
Alex & Renata!**

Thinking of Selling?

Alex & Renata Silva

0415 584 349

Ray White North Lakes | Mango Hill





**Ray White.**



North Lakes 139 Nicklaus Parade 4 2 2

**SOLD by  
Team Wilkie!**

Thinking of Selling?  
Tony & Nadine Wilkie  
0406 861 210

Ray White North Lakes | Mango Hill



North Lakes 8 Burgan Place 4 2 2

**SOLD by  
Darren Suhle!**

Thinking of Selling?  
Darren Suhle  
0400 197 529

Ray White North Lakes | Mango Hill



North Lakes 2 Medinah Circuit 4 2 2

**SOLD by  
Darren Suhle!**

Thinking of Selling?  
Darren Suhle  
0400 197 529

Ray White North Lakes | Mango Hill



Mango Hill 51 Abercrombie Street 4 2 2

**SOLD by  
James Hollis!**

Thinking of Selling?  
James Hollis  
0431 391 311

Ray White North Lakes | Mango Hill







**45 Birkdale Street, North Lakes**  
View Contact Agent  
Rent \$590 per week

4 2 2



**26 Donnelly Street, Mango Hill**  
View Contact Agent  
Rent \$460 per week

4 2 2



**43 Riviera Crescent, North Lakes**  
View Contact Agent  
Rent \$450 per week

4 2 2



**13 Belair Street, North Lakes**  
View Contact Agent  
Rent \$495 per week

4 2 2



**22 Limosa Court, Mango Hill**  
View Contact Agent  
Rent \$570 per week

4 2 2



**23 Brindabella Court, North Lakes**  
View Contact Agent  
Rent \$550 per week

4 3 2



**24 Gibson Street, Mango Hill**  
View Contact Agent  
Rent \$450 per week

4 2 2



**1 & 2 / 50 Tattler Street, Mango Hill**  
View Contact Agent  
Rent \$690 per week

6 3 2

For further info on these fantastic homes call Rebecca Welch 0410 242 017

Ray White North Lakes | Mango Hill







# JUST LISTED

11 STODART TCE, MANGO HILL

\$780,000

## GREAT INVESTMENT OPPORTUNITY

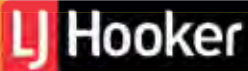


- 4 large bedrooms
- 3 full bathrooms
- 4 living zones
- Exquisite designer kitchen
- Fully enclosed entertainment area
- Solar power / solar hot water
- Ducted zoned air conditioning
- Walk to rail & schools



Jarod Faulkner

0447 734 206 | [jfaulkner.northlakes@ljh.com.au](mailto:jfaulkner.northlakes@ljh.com.au)



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# JUST LISTED

2/6 COWLEY ST, MANGO HILL

\$339,000

## CHEAPEST FREE STANDING HOUSE IN CAPESTONE

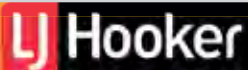


- 2 bedrooms
- 1 bathroom
- 1 car garage
- Covered Alfresco
- Very low body corp fees
- Free standing Duplex
- Walk to train & rail
- Great rental return potential



Jarod Faulkner

0447 734 206 | [jfaulkner.northlakes@ljh.com.au](mailto:jfaulkner.northlakes@ljh.com.au)



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# JUST LISTED

8 QUOKKA ST, NORTH LAKES

\$399,000

HERE'S YOUR CHANCE YOU'VE BEEN WAITING FOR!

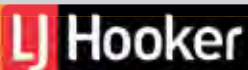


- 3 generous sized bedrooms
- 2 bathrooms
- 1 car garage
- Air conditioning
- Large covered deck perfect for entertaining
- 9ft ceilings
- Walk to school & transport
- Easily maintainable 320 sqm block



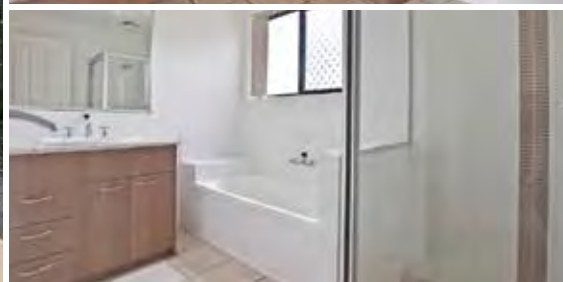
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# JUST LISTED

2 ACACIA CRES, KALLANGUR

\$415,000

EASY WALK TO TRAIN STATION!

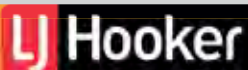


- 4 bedrooms
- 2 bathrooms
- 2 car garage
- Security screens & fans
- Large open plan living
- Air conditioning in main bedroom
- Off street area for boat or caravan
- Large 530 sqm block



Jarod Faulkner

0447 734 206 | [jfaulkner.northlakes@ljh.com.au](mailto:jfaulkner.northlakes@ljh.com.au)



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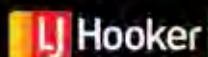


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Leads to  
Success"

I'm Arun Chhikara

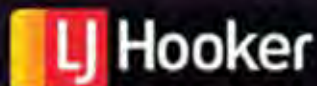
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“Our first venture into the Queensland property market has been a smooth and trouble free process due to the professionalism of the team at Bridgebury real estate. From the onset, our dealing with Elizabeth and Anthony has been free from ‘sales’ pressure and very informative.

Our house was settled on a Friday afternoon, and our tenant was moving in the following Monday! Now that is what I call exceeding any expectation we had of customer service.

We certainly have no hesitation recommending the team at Bridgebury for any real estate requirements you have. There is no doubt we will be seeking their services for our next property.”

**Mr. and Mrs. M**

“I absolutely appreciate Bridgebury's friendly staff who do their job extremely well, keep me informed of any issues and are a pleasure to work in partnership with. Being my first experience of renting, I could not have chosen a more professional real estate agent to oversee my property management. Bridgebury Real Estate - A First Class Experience.”

**Ms. C**

“I have been very happy with your service, quick replies to emails and general follow up with all issues related to my investment property. I would recommend you to others and feel you have my best interest at heart with dealing with the tenants.”

**Mr. D**

“Bridgebury Real Estate have certainly exceeded my expectations in the way they have looked after my town house in Mango Hill, especially after I switched from another agency who I felt had too many properties per manager so that they had no time to keep me updated on what was happening with my investment property or answer my questions. Elizabeth has been wonderful, she takes care of any issues but always keeps me informed and responds to my emails and questions promptly and professionally. I would definitely recommend Bridgebury to people looking for a caring and committed property manager!”

**Mrs C.**

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